



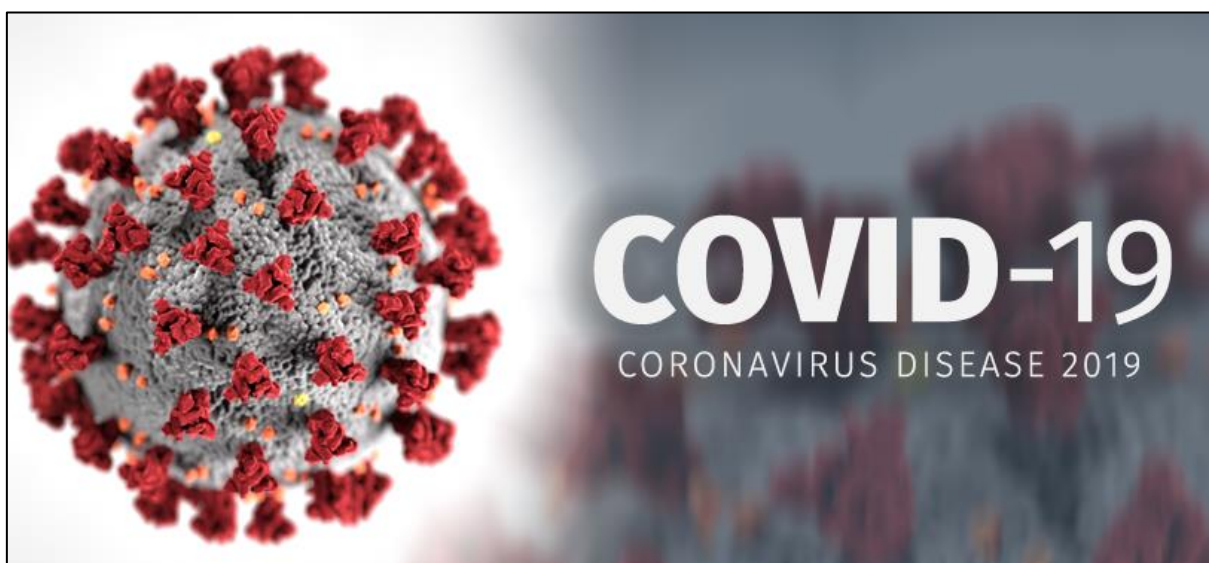
WHAT IS NOVEL CORONAVIRUS (NCOV-19)

The Novel Coronavirus NCOV-19 is the new strain of the coronavirus that has never been previously identified. Based on current available information, human to human transmission of NCOV-19 is via respiratory droplets or direct contact.

History of Coronavirus Outbreaks

Coronavirus is a large family of viruses that can affect the respiratory tract and cause symptoms such as colds or acute respiratory infections. In the past, there have been two known types of viruses that have caused major outbreaks including Middle East Respiratory Syndrome or MERS-CoV and Severe Acute Respiratory Syndrome or SARS-CoV. To date, a new type of Coronavirus has been identified and named as the Novel Coronavirus or 2019-nCoV has shocked the world as it spreads rapidly and claimed hundreds of lives. As of January 31, 2020, the death toll has reached more than 200 people.

The first case of the virus was detected in Wuhan, China on December 31, 2019. Patients had symptoms such as the flu or "flu" and were quarantined while the source of the flu was identified. The next day, the main location of the virus was spread through a seafood market. Since that day, the operations of the market have closed. Various measures have been taken to prevent the spread of this disease across countries and continents. It includes the inspection of foreign tourists arriving from Wuhan, China at airports. The World Health Organization (WHO) has also advised travel and trade restrictions with China. On January 7, the virus causing the outbreak was identified as 2019-nCoV as experts have denied that the MERS-CoV and SARS-CoV viruses caused the outbreak. Two days later, the first death from coronavirus was reported. Since then, the virus has spread to many countries including Malaysia, South Korea, Singapore and all over the continent like France and Germany.



Symptoms and Signs of 2019 Coronavirus Novel Coronavirus Novel

The 2019 Coronavirus novel first detected in December 2019 in Wuhan, Hubei Province, China has become a leading talk of health and public sector workers worldwide. The new Coronavirus is a different type of virus in the coronavirus family that was also responsible for previous outbreaks such as SARS in 2002 and MERS-Cov in 2012. Coronavirus is a virus that can spread through drops of water from a cough or sneeze of an infected person.

Therefore, the symptoms and signs of this infection are also strongly associated with respiratory symptoms. This makes diagnosis and detection of the Coronavirus Novel 2019 somewhat challenging as most symptoms are very common and can mean anything from influenza infections to pneumonia or tuberculosis. Therefore, besides focusing on symptoms and signs of infection, there are also health screenings for those with high risk factors such as those who have travelled to / from Wuhan or China in general for the past 2-3 weeks.

The incubation period (time taken for the first symptom to manifest itself after a person has been infected with the virus) for this Coronavirus Novel is expected to be within 14 days. This means that a person infected with the virus will have no symptoms or signs for 14 days and have the potential to spread the disease within that time. Here are the symptoms of the 2019 Coronavirus Novel:

Fever

This symptom is not specific to the 2019 Coronavirus Novel as you know it. Fever can be caused by a variety of medical conditions such as germs infections, illnesses, cancer and more. Fever can appear as early as 3-5 days after a person is infected with the virus but may not be detected by many if the fever temperature is not too high.

Cough

Like other respiratory viruses such as influenza virus, patients with the 2019 Coronavirus Novel also have cough symptoms as they can infect the respiratory tract and cause irritation. Shortness of breath - This is a result of lower respiratory tract infections or pneumonia. Shortness of breath should not occur if the infection is only in the upper respiratory tract such as the nose and throat. This is one of the important symptoms that should be noted for people at high risk for Novel Coronavirus 2019.

Body Pain

This symptom is not known for its cause, but it can be caused by various factors such as anaemia (low red blood cells), low blood pressure or due to acute infections such as influenza. Throat pain - throat pain is not a common symptom and is not a major symptom of the Novel Coronavirus 2019.

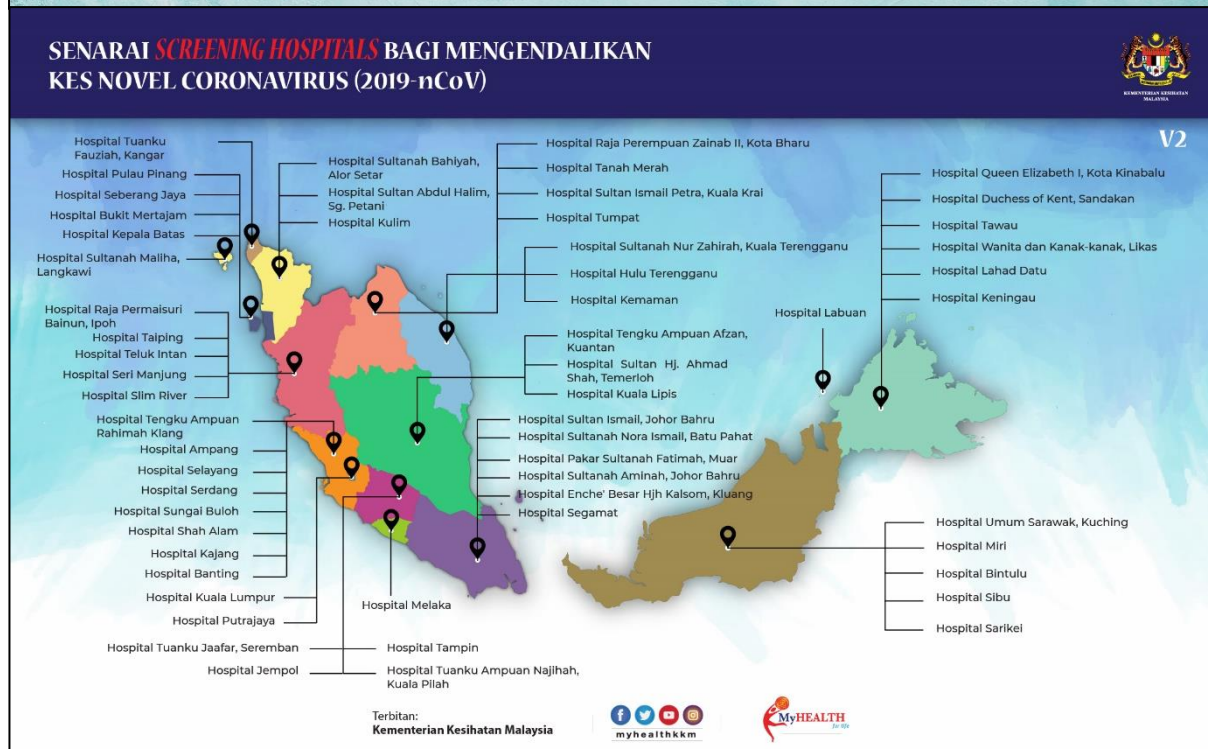
Headache

Some patients may have this symptom and it is unknown why it may occur.

Breathing Difficulty


These common breathing problems include chronic sinusitis, allergies, and asthma. These problems can cause a host of symptoms such as nasal congestion, runny nose, itchy or watery eyes, chest congestion, cough, wheezing, laboured breathing, and shallow breathing.

Coronavirus Novel 2019 is a serious public health issue and if you or anyone you know has the symptoms listed above along with risk factors such as interactions with people / tourists from China or has travelled to / from China in the past 2- 3 weeks ago, you should report to your nearest clinic / hospital immediately.



World COVID-19 Outbreak Statistic Updates - 14 March 2020

CORONA VIRUS DISEASE 19 (COVID-19)



Jumlah keseluruhan kes:
Total cases:

145,299

Jumlah kematian keseluruhan:
Total deaths:

5,370

(3.70%)

Jumlah Kes sembuh
Total recovered cases:
Dunia Worldwide

70,878

(48.78%)

Negara yang terlibat:
No. of countries involved:

136

Jumlah kes sembuh
Total recovered cases:
Malaysia

33

(16.75%)

Negara Country	Bil. kes No. of cases	Bil. kematian No. of deaths	Negara Country	Bil. kes No. of cases	Bil. kematian No. of deaths	Negara Country	Bil. kes No. of cases	Bil. kematian No. of deaths
China	81012	3181	Romania	89	0	Hungary	19	0
Itali	17660	1266	Arab Saudi	86	0	Oman	19	0
Iran	11364	514	UAE	85	0	Ecuador	17	1
Korea Selatan	8086	72	India	82	0	Latvia	17	0
Sepanyol	5232	120	Mesir	80	2	Tunisia	16	0
Jerman	3675	7	Kuwait	80	0	Azerbaijan	15	1
Perancis	3667	79	San Marino	80	5	Cyprus	14	0
Amerika Syarikat	2084	39	Estonia	79	0	Makedonia Utara	14	0
Switzerland	1139	4	Lubnan	77	3	Bosnia Herzegovenia	13	0
Norway	996	0	Thailand	75	1	Colombia	13	0
Sweden	814	8	Indonesia	69	1	Malta	12	0
Denmark	804	0	Poland	68	0	Mexico	12	0
Belanda	804	5	Filipina	64	2	Senegal	10	0
United Kingdom	801	6	Vietnam	47	0	Maldives	9	0
Jepun	725	19	Rusia	45	0	Armenia	8	0
Belgium	559	3	Chile	43	0	Jamaica	8	0
Austria	504	1	Brunei	37	0	Afghanistan	7	0
Qatar	320	0	Palestin	35	0	Maghribi	7	2
Singapura	200	0	Serbia	35	0	Lithuania	6	0
Australia	199	3	Luxembourg	34	0	Moldova	6	0
Malaysia	197	0	Albania	33	0	Paraguay	6	0
Kanada	193	1	Croatia	32	0	Sri Lanka	6	0
Greece	190	1	Slovakia	32	0	Kemboja	5	0
Bahrain	189	0	Argentina	31	1	Republik Dominika	5	0
Israel	161	0	Pakistan	28	0	Guiana Perancis	5	0
Finland	155	0	Peru	28	0	New Zealand	5	0
Brazil	151	0	Belarus	27	0	Reunion	5	0
Republik Czech	141	0	Panama	27	1	Turki	5	0
Slovenia	141	0	Algeria	26	2	Cuba	4	0
Iceland	134	0	Georgia	25	0	Kazakhstan	4	0
Portugal	112	0	Afrika Selatan	24	0	Uruguay	4	0
Iraq	101	9	Bulgaria	23	0	Bangladesh	3	0
Ireland	90	1	Costa Rica	23	0	Bolivia	3	0
						Martinique	3	0
						Ukraine	3	0
						Lain-lain/ Others (Kapal perstarian)	696	7

(Dikemaskini jam 10.00 pagi, 14 Mac 2020)
(Updated at 10.00 am, 14 March 2020)

Jumlah negara dengan satu kes **24** Jumlah negara dengan dua kes **11**

Sumber: CPRC Kebangsaan dan WHO **UKK MOH**

Enemies of Coronavirus

Since we have previous insights from SARS-CoV and MERS-CoV, we have conclude that the virus is extremely sensitive and can be killed at very high temperatures, which is 56 degrees Celsius for 30 minutes. In addition, there are disinfectant products that can be used in our daily lives such as Diethyl Ether, 75% Ethanol, a disinfectant containing Chlorine, Peracetic acid and a liquid that can melt fat to protect ourselves from this virus.

Treatment

Novel coronavirus (2019 n-CoV) treatment is limited to its symptomatic management. Infected patients should be treated according to their manifestations and the purpose of the treatment is to relieve the symptoms and symptoms of the patient and to provide supportive care. If the patient is in a worse condition, then treatment should focus more on the support of the vital organs and to keep the patient in stable condition.

Steps to Quarantine

In addition to standard precautions, other empirical precautions such as contact, drops and air precautions should also be maintained. The patient should be placed in a well-ventilated room and it is important to keep the windows open. All patient beds should be placed at least 1 meter apart regardless of whether they are suspected to have nCoV infection so that the risk of spread among hospitalized patients is reduced. Health workers should use face masks, wear goggles or face protection to prevent mucous membranes from becoming contaminated, wearing clean, sterile clothing, long sleeves, and gloves when handling nCoV-infected patients.

Preventive measures

Although immunization and vaccination have played a key role in helping people prevent many serious diseases, unfortunately no vaccine is available for novel coronavirus (n-CoV). The best way anyone can try is to avoid exposure to the virus itself. This can be done by taking preventive measures recommended by the Centers for Disease Control and Prevention (CDC).

It is recommended to wash your hands frequently with soap and water. Make sure you follow the correct technique for washing your hands and washing for at least 20 seconds. If soap and water are not available, be advised to always bring a hand cleaner and use it frequently. It is also important to wear face masks especially when traveling in crowded vehicles or public transport or going to crowded places such as supermarkets, shopping malls or transport stations.

Also, make sure you do not touch the eyes, nose and mouth especially before washing your hands. Hands are used to touch many objects, and this increases the risk of contamination in our own hands. Therefore, it is not recommended to touch the face area which may increase the risk of an infection. Cover your nose and mouth with tissue during sneezing or coughing and be sure to throw the tissue into the trash can afterwards. Remember to always bring handkerchiefs during this outbreak season. In addition, people are encouraged to avoid reaching out to the sick. When you have symptoms like a novel coronavirus, get a health check, stay home and rest.

The whole world has become more vigilant and is trying to slow the progression of the 2019 Coronavirus Novel epidemic while seeking answers to treat the disease. We do not want to repeat the SARS-CoV outbreak in 2003 again. Please get informed, get the information and read from legitimate sources so you can protect yourself and your loved ones around you!

Novel Coronavirus (2019-nCoV)



MINISTRY OF HEALTH MALAYSIA

3 Simple Ways to Prevent Transmitting Virus to Others

- 1


Cover your mouth and nose using tissue whenever you cough or sneeze. Throw the tissue in the trash after using it. Wash your hands with soap and water or use hand sanitizer regularly.
- 
2

Use face mask whenever being in public or close contact with people.
- Always maintain good personal hygiene and cleanliness.

3




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6 STEPS OF HANDWASH TECHNIQUE

- 

1

Rub hands palm to palm
- 

2

Right palm over left dorsum with interlaced fingers and vice versa
- 

3

Palm to palm with fingers interlaced
- 

4

Back of fingers to opposing palms with fingers interlocked
- 

5

Rotational rubbing of left thumb clasped in right palm and vice versa
- 

6

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



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